## Amendments to the Claims

The listing of claims will replace all prior versions, and listings of claims in the application.

- 1. (cancelled).
- 2. (currently amended) The shoe sole according to claim [[1]]35, wherein said fluid is said container encloses air.
- 3. (currently amended) The shoe sole according to claim [[1]]35, wherein said fluid is said container encloses nitrogen.
- 4. (currently amended) The shoe sole according to claim [[1]]35, wherein said fluid is said container encloses a gel.
- 5. (currently amended) The shoe sole according to claim [[1]]35, wherein said fluid a pressure within said container is at atmospheric pressure.
- 6. (currently amended) The show shoe sole according to claim [[1]]35, wherein said fluid is at a pressure that a pressure within said container is greater than atmospheric pressure.
- 7. (currently amended) The shoe sole according to claim [[1]]35, wherein said hollow container is disposed in at least one of a forefoot portion and a heel portion of said sole.

- 8. (currently amended) The shoe sole according to claim [[1]]35, wherein said hollow container includes a top component and a bottom component.
- 9. (currently amended) The shoe sole according to claim 8 wherein said top component comprises an outer wall and a flat portion said first wall and said sidewall.
- 10. (cancelled).
- 11. (original) The shoe sole according to claim 8, wherein said top component and said bottom component are formed as a unitary structure.
- 12. (currently amended) The shoe sole according to claim 8, wherein said top component sidewall forms an exterior wall of said sole.
- 13.-23. (cancelled).
- 24. (currently amended) [[A]]The shoe sole according to claim [[21]]35, wherein said foam core comprises a first piece of foam having a first density and a second piece of foam having a second density.
- 25. (currently amended) A shoe sole comprising:

a hollow container made of a fluid-impermeable material, said container defining an enclosed space;

a core disposed within said enclosed space including a first piece of foam having

a first density and a second piece of foam having a second density; and

A shoe sole according to claim 24, a fluid system disposed within said container, wherein said fluid system comprises further comprises:

- a first compartment formed within said first piece of foam;
- a second compartment formed within said second piece of foam;
- a fluid conduit that fluidly connects said first compartment and said second compartment; and
- a fluid disposed within said fluid system, wherein pressure applied to said container causes said fluid to flow within said fluid system.
- 26. (currently amended) [[A]]The shoe sole according to claim 25, wherein said fluid system further includes multiple compartments in said first piece of foam in fluid communication with one another.
- 27. (currently amended) [[A]]The shoe sole according to claim 25, wherein said fluid system further includes multiple compartments in said second piece of foam in fluid communication with one another.
- 28. (cancelled).
- 29. (currently amended) The article of footwear according to claim [[28]]39, wherein said hollow container includes a top component, a bottom component, and sidewallsa sidewall extending from a around a perimeter of said top component to around a perimeter of said bottom component.

- 30. (currently amended) The article of footwear according to claim 29, wherein said sidewalls are ridged sidewall includes a plurality of ridges.
- 31.-34. (cancelled).
- 35. (currently amended) A shoe sole, comprising:

a hollow container made of a gasfluid-impermeable material, said container

having a first wall having a first perimeter, a second wall having a second perimeter and

a sidewall extending from around said first perimeter to around said second perimeter

defining an enclosed space, wherein said sidewall includes a plurality of ridges; and

a foam core disposed within said enclosed space;

a fluid system disposed within said foam core, said fluid system including

multiple compartments in fluid communication with one another; and

a fluid disposed within said fluid system, whereby pressure applied to said

container causes said fluid to flow within said fluid system.

- 36. (new) The shoe sole of claim 35, wherein said foam core and said container jointly define multiple compartments fluidly connected to one another via at least one fluid channel.
- 37. (new) The shoe sole of claim 36 wherein said at least one channel is jointly defined by said container and said foam core.

- 38. (new) The shoe sole of claim 37 wherein said compartments have a first depth measured from a surface of said foam core and said at least one channel has a second depth measured from said surface of said foam core, wherein said first depth is greater than said second depth.
- 39. (new) An article of footwear, comprising:

an upper;

a sole attached to said upper;

a cushioning device positioned within said sole including a foam core disposed within a fluid-impermeable container, said container and said foam core jointly defining a plurality of compartments and at least one channel fluidly connecting said plurality of compartments.

- 40. (new) The article of footwear of claim 39, wherein said compartments have a first depth measured from a surface of said foam core and said at least one channel has a second depth measured from said surface of said foam core, wherein said first depth is greater than said second depth.
- 41. (new) The article of footwear of claim 29, wherein at least a portion of said sidewall forms an exterior of said shoe sole.
- 42. (new) The article of footwear of claim 35, wherein said foam core comprises a single piece of foam.